

# Life Begins At 50

# BELLAIRE L.I.F.E.

LIVING • INFORMATION • FUN • ENRICHMENT

January - February - March 2016

## Trips

We now accept payments in cash and checks and you may register and pay for our trips in person or by mail. **PAYMENT FOR TRIPS IS DUE UPON REGISTRATION.** We cannot hold seats for trips without payment. *We cannot book anyone the day of a trip.*



A walking scale is included at the end of each trip description to help you determine if you can join us on each trip. Please also remember to take into consideration the number of times we get on and off the bus.



Light (< ½ mile)



Moderate (½ – 1 mile)



Heavy (>1 mile)

### Tuesday, January 12, Brookwood Community, Brookshire

We will start off the year with an inspirational tour of the Brookwood Community. You will see how Brookwood is changing the way the world views the learning and earning potential of adults with special needs.

**Trip cost \$5.00**

**Lunch on your own at the Café at Brookwood**

**Bus departs at 8:30 am**

**Bus returning around 3:00 pm**

**REGISTRATION & PAYMENT DUE BY January 4**



\* Activity level – **WALKING TOUR** - You will be getting on/off the bus a minimum of 8 times.

### Monday, January 25, Space Center Houston, Nassau Bay

We will stop for a late breakfast/ early lunch before going to Space Center Houston to explore the life of an astronaut. We will have a tram tour around the grounds, go into the theater to see a launch, and then you will have the opportunity to explore at your own pace.

**Trip cost \$15.00**

**Lunch on your own at Kelley's Country Cookin'**

**Bus departs at 9:30 am**

**Bus returning around 5:30 pm**

**REGISTRATION & PAYMENT DUE BY January 15**



\* Activity level –You will be getting on/off the bus a minimum of 8 times.

### Thursday, February 18, Sea Center Texas and Lake Jackson Historical Museum, Lake Jackson

We will first go to Sea Center Texas and have a guided hatchery tour. You will get to experience marine life up close through the touch tank. After lunch, we will go to the Lake Jackson Historical Museum for a guided tour.

**Trip cost \$6.00**

**Lunch on your own at TBA**

**Bus departs at 10:00 am**

**Bus returning around 5:00 pm**

**REGISTRATION & PAYMENT DUE BY February 5**



\* Activity level –You will be getting on/off the bus a minimum of 8 times.

### Tuesday, February 23, Historical Home Tour, Waco

We will go on a Historic Homes Tour in Waco. We will have the opportunity to actually go inside 3 of the historical homes and learn about the history of each one.

**Trip cost \$15.00**

**Lunch on your own at TBA**

**Bus departs at 8:00 am**

**Bus returning around 8:00pm**

**REGISTRATION & PAYMENT DUE BY February 12**



\* Activity level –You will be getting on/off the bus a minimum of 14 times.

### Friday, March 4, Houston Rodeo

Grab those boots and hat because we are going to the rodeo! We will spend the day at the Houston Livestock Show and Rodeo. You will have the opportunity to walk around and see everything the rodeo has to offer from shopping to carnival games to delicious food!

**Trip cost \$13.00**

**Lunch on your own at the Houston Rodeo**

**Bus departs at 10:00 am**

**Bus returning around 4:00 pm**

**REGISTRATION & PAYMENT DUE BY February 19**



\* Activity level – You will be getting on/off the bus a minimum of 6 times.

### Monday, March 21, Wildlife Adventure Ranch, San Antonio

Let's take a tour of the wild side! Feed and get up-close-and-personal with over 50 different animal species from around the world while on the bus! We will have an animal specialist on board the bus with us to give us interesting facts and help enhance our tour! This will be one trip you don't want to miss!

**Trip cost \$20.00**

**Lunch on your own at TBA**

**Bus departs at 6:30 am**

**Bus returning around 6:30 pm**

**REGISTRATION & PAYMENT DUE BY March 4**



\* Activity level – you will be getting on/off the bus a minimum of 12 times.

**Driving tour, but you will have the opportunity to walk around the ranch in the Walk-A-Bout exhibit and Petting Barnyard.**

# Activities

**PRE-REGISTRATION IS NECESSARY IF YOU WISH TO ATTEND OUR ACTIVITIES. PLEASE CALL OR STOP BY THE OFFICE TO REGISTER BY THE POSTED DEADLINES.**

## **“I’ll See You In My Dreams” Movie**

**Thursday, January 14, 1:00 pm**

In this vibrant, funny, and heartfelt film, a widow and former songstress discovers that life can begin anew at any age. With the support of three loyal girlfriends, Carol decides to embrace the world, embarking on an unlikely friendship with her pool maintenance man, pursuing a new love interest, and reconnecting with her daughter. Starring Blythe Danner, Martin Starr, Sam Elliott. 92 minutes.

**Cost - FREE**

**RSVP by January 8**

**Refreshments provided by Seven Acres**

## **Bunco**

Come join us in playing Bunco in the Senior Activity Room. Please RSVP by the date below.

**Cost - \$3 each**

**Tuesday, January 19, 10:00am**

**RSVP by January 15**

**Tuesday, February 16, 10:00am**

**RSVP by February 12**

**Tuesday, March 15, 10:00am**

**RSVP by March 11**

## **“Where Hope Grows” Movie**

**Thursday, January 21, 1:00 pm**

A baseball player whose professional career was cut short due to his personal problems is suddenly awakened and invigorated by a young-man with Down syndrome who works at the local grocery store. Starring Kristoffer Polaha, David DeSanctis, Danica McKellar. 95 minutes.

**Cost - FREE**

**RSVP by January 15**

**Refreshments provided by The Gardens of Bellaire**

## **Computer Class**

**Wednesday, January 27, 1:00 pm**

The Bellaire Library staff will be helping us teach a basic computer class. Make sure you come ready with your questions about computers – no matter how simple or complex. This class is limited to 12 people, so make sure to sign up early! If you want to bring your own laptop, you are welcome to do so, just let the office know when signing up.

**Cost – FREE**

**RSVP by January 26**

**Refreshments provided by Belmont Village**

## **Super Bowl Luncheon and Movie “Touchback”**

**Monday, February 1, 12:00 noon**

Let’s kick off Super Bowl week with a luncheon and tailgate games! After the fun, we will show the movie “Touchback.” Lunch will include a hamburger, baked beans, macaroni and cheese, chips, and fruit salad. Movie story line: A washed-up high school quarterback goes back in time to replay his final game and choose the same path that led to his small town life, or avoid the injury that ended his promising career.

**Cost - \$11.00 per person and catered by Chef Smirnov**

**Lunch at 12:00 noon; movie to start at 1:00pm**

**RSVP by January 20 (FIRM)**

**Refreshments provided by The Gardens of Bellaire**

## **“Max” Movie**

**Thursday, February 11, 1:00 pm**

After U.S. Marine Kyle Wincott is killed in Afghanistan, Max, his highly trained service dog, is too traumatized to remain in service. Back in the U.S., Kyle’s family adopts the dog, but teenage brother Justin has problems of his own and doesn’t want the animal. However, Max may be Justin’s only chance to learn what really happened to his brother. With the help of a dog-savvy friend, Justin and Max begin to bond, and set out to unravel the mystery of Kyle’s death. Starring Josh Wiggins, Lauren Graham, Thomas Haden Church, Robbie Amell, and Luke Kleintank. 111 minutes.

**Cost - FREE**

**RSVP by February 5**

**Refreshments provided by LivHome**

## **Speaker on “Dementia vs Alzheimer”**

**Monday, February 29, 1:00pm**

Can you use the terms synonymously? How can I reverse dementia? How can I help those around me with dementia? Dr. Victoria Ai Linh Bryant is a registered pharmacist with over 15 years of experience working with dementia clients and the aging population. Come have her answer any questions you may have.

**Cost – FREE**

**RSVP by February 24**

**Sponsored by Ambassadors Caregivers**

## **Rodeo Luncheon**

**Monday, March 7, 12:00 noon**

Grab your boots and join us for a swinging good time at our annual rodeo luncheon! We will be serving beef brisket, sausage, potato salad, and beans.

**COST - \$11 per person and catered by Papa’s BBQ**

**RSVP by February 22 – FIRM**

**Dessert provided by The Gardens of Bellaire**

## **“The Longest Ride” Movie**

**Thursday, March 10, 1:00 pm**

Centers on the star-crossed love affair between Luke, a former champion bull rider looking to make a comeback, and Sophia, a college student who is about to embark upon her dream job in New York City’s art world. As conflicting paths and ideals test their relationship, Sophia and Luke make an unexpected and feateful connection with Ira, whose memories of his own decades-long romance with his beloved wife deeply inspire the young couple spanning generations and two intertwining love stories, it explores the challenges and infinite rewards of enduring love. Starring Scott Eastwood, Britt Robertson, Alan Alda. 128 minutes.

**COST - FREE**

**RSVP by March 4**

**Refreshments provided by Seven Acres**

## **St. Patrick’s Day Luncheon**

**Thursday, March 17, 12:00 noon**

Don’t forget to wear GREEN and join us on St. Patrick’s Day for a feast of food in celebration! Lunch will include the traditional shepherd’s pie, green beans, cabbage, rolls and cornbread.

**COST - \$11 per person and catered by Black-eyed Pea**

**RSVP by March 4 – FIRM**

**Refreshments provided by Belmont Village**

# Events Calendar

## CALENDAR OF ACTIVITIES

January 7	1:00 pm	Bingo
January 11	1:00 pm	Men's/Women's Club Program
January 12	8:30 am	Trip to Brookshire
January 13	10:00 am	Games Day
January 14	1:00 pm	"I'll See You In My Dreams" Movie
<b>January 18</b>	<b>MARTIN LUTHER KING DAY – CITY OFFICES CLOSED</b>	
January 19	10:00 am	Bunco
January 21	1:00 pm	"Where Hope Grows" Movie
January 25	9:30 am	Trip to Space Center Houston
January 27	1:00 pm	Computer Class
January 28	12:00 noon	BLIFE Board Meeting
February 1	12:00 noon	Super Bowl Luncheon and Movie
February 4	1:00 pm	Bingo
February 8	1:00 pm	Men's/Women's Club Program
February 10	10:00 am	Games Day
February 11	1:00 pm	"Max" Movie
February 16	10:00 am	Bunco
February 18	10:00 am	Trip to Lake Jackson
February 23	8:00 am	Trip to Waco
February 25	12:00 noon	BLIFE Board Meeting
February 29	1:00 pm	"Dementia vs Alzheimer"
March 3	1:00 pm	Bingo
March 4	10:00 am	Trip to Houston Livestock Show and Rodeo
March 7	12:00 noon	Rodeo Luncheon
March 9	10:00 am	Games Day
March 10	1:00 pm	"The Longest Ride" Movie
March 14	1:00 pm	Men's/Women's Club Program
March 15	10:00 am	Bunco
March 17	12:00 noon	St. Patrick's Day Luncheon
March 21	6:30 am	Trip to San Antonio
March 24	12:00 noon	BLIFE Board Meeting

For additional information call 713-662-8290

## DAILY/WEEKLY SCHEDULE OF ACTIVITIES

<b>Mondays</b>	12:00 – 4:00 pm	<i>Duplicate Bridge</i>
<b>Tuesdays</b>	12:30 – 4:00 pm	<i>Bridge and Games</i>
<b>Wednesdays</b>	1:30 – 4:00 pm	<i>Crafts and Conversation</i>
<b>Thursdays</b>		<i>Board Meetings/Trips/Special Events</i>
<b>Fridays</b>	12:00 – 4:00 pm	<i>Bridge</i>

# Men's/Women's Club

**Monday, January 11, 1:00 pm**

Speaker on recognizing the signs and symptoms of a stroke.

**Monday, March 14, 1:00 pm**

Suneel Chilukuri MD - Dermatological surgeon

**Monday, February 8, 1:00 pm**

Mardi Gras

Call Bellaire L.I.F.E. at 713-662-8290 for additional information about our activities and trips. Remember, you may sign up and pay for trips and activities in person or by mail. Programs, activities, presentations and meetings are held at:

Bellaire City Hall  
7008 South Rice  
Bellaire, Texas 77401

City of Bellaire  
L.I.F.E. Program  
Parks and Recreation Dept  
7008 S. Rice Ave.  
Bellaire, TX 77401

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